



**Fire Chief  
Dale Ekins**

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# Fully involved

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## PREPARATION H

(PREPARATION FOR HIMSELF)

As we have watched the NFL and College playoffs, we have seen where the opposing teams look for weakness in the other team's defenses. They know that the "all pro" defensive tackle has been hurt and the team is now having to use an inexperienced rookie in that position. Guess where the running plays are aimed. Yes, they will direct the running plays at the new rookie tackle. The coaches study, look at film from other games, and come up with a game plan to attack the other team's weakness' to win the game. They try and get "mismatches" with personnel to give them the advantage. This technique is done with much planning and preparation.

When there is road construction in our city where there are underground utility's being replaced or upgraded, we get notices from the street department that there will be a detour for an amount of time and that street will not be open for travel. That is done to have us (and others) use an alternate route to travel to get to our destinations for our calls. This is done to help us prepare for the most effective way to get to our emergencies. We know ahead of time and are able to take alternate routes. For most of our calls, timing is of utmost importance to save lives and property so a planned alternate route is important to our customers.

We look at "target hazards" in our town and with study and preparation we develop preplans for these business' to help us plan for emergencies in those occupancies. The Lehi Roller Mill is an example of an important preplan for our department. We need to know what kind of construction the building is made of, the water supply in that area of town, the effect that traffic flow on main street and 850 east would have on our attack, life safety issues both with workers and our responders, is the building sprinklered, electrical shutoffs, and many more pieces of information that would be critical if that building were to catch on fire. That building also has an outbuilding that their poisons for rodent and bird control is kept. That out building is of utmost importance with that occupancy for us to be aware of because of the toxic fumes potential if that building were to catch fire. What could happen to our responders if a current, accurate preplan were not in place? Here again, preparation is key to becoming efficient and effective in doing our jobs as our customers expect.

When it comes to our new goals for 2012, we need to have our own goals and help participate in our department goals. Some of the goals that came to my mind in relation to both our personal and department I have listed below.

\*Return home safely after each shift

\*Keep in good physical condition to help lift, drag and work in very adverse conditions to help my team mitigate our emergencies. We do not want to become part of the problem with physically breaking down on a call because of lack of physical preparation.

\*Prepare myself educationally to be effective and efficient in my skills as an EMT/Medic/Firefighter. We want to be an asset with our medical and fire skills. Our customers expect us to be efficient at everything we do.

\*We would like to better ourselves each week, month, and year in increasing our knowledge and experience in helping mentor our other team members. We would like to prepare to promote within our department as our department grows. This requires constant effort before the occasion arises.

As with professional football success, detours with alternate routes, pre-plans for “target hazards” within our communities, or bettering ourselves within our professional or personal lives, PREPARATION is clearly a key to success for whatever we decide to do. In the New Year, let’s take the time to plan, organize, and work towards our own personal goals to improve ourselves and as we do that, we will also improve our crews and department.

Please do not forget your families in your preparation cycle. This is our most important asset and needs to be kept on the “front burner”. It is tempting to work on your days off to help with extra things you want for your family but don’t neglect your most valuable thing in life. Our wives and kids are the reason we all work. Let’s make this year the best yet.

—Chief Ekins

## Firefighter of the Quarter



**Firefighter Russ Poulson**

We are proud to present the name Russ Poulson for Lehi’s Firefighter of the Quarter. In his nomination memo, Captain Kim Beck has this to say. “Russ is a self-starter and hardly ever needs direction. He is always pleasant and gets along with all employees, full and part time. This past year, I turned our urban interface project over to Russ. This included training, homeowners assessments, and determining hazards in our response area. Russ took control of this project and has done a very good job. This is a huge asset for our department and community.” Congratulations Russ for a well deserved award.

## Trying to 'FIT' in

With the recent incidents of fellow firefighters being transported to the hospital we all should be taking a closer look at our own personal health and fitness goals, or lack thereof. I'm not shedding any new light when I tell you the leading cause of death for firefighters is, in fact, heart disease and that 68% of Americans are overweight. If you're waiting for a wake-up call you are way behind, these statistics have been this way for years. So what are you doing to prevent yourself from falling into these categories? What are you doing to 'fit' in?



**Firefighter Trevor Dorton**

Here are some simple tips I've applied lately that have worked well for me:

**Portion Control-** Eat slower, take time to chew your food. Well chewed food makes it easier for the body to digest and draw nutrients. It can take up to 10 minutes for your body to realize it is full; this makes it way too easy for us to over-eat. Leave space on your plate between the different foods and do not go back for seconds.

**Drink Water-** You should be consuming at least half of your body weight in ounces of water every single day. For example I weigh a whopping 150 lbs. So I drink at least 75 oz.'s of water per day. Try to cut out, or cut back on, coffee, soda, energy and sports drinks. These are loaded with sugar and caffeine. Start substituting water in place of these, your body needs it. Drinking water will also keep your belly feeling full and help cut back on unnecessary and unhealthy snacking.

**Avoid eating late at night-** Eating late at night allows your body to store fat. You need to give your body time to digest and distribute calories. Selecting a time for yourself will help you accomplish this. I try not to eat anything past 8:00 pm. Do not become a victim of late-night snacking.

**Exercise-** We get paid to work out! We have a gym membership. What amazing benefits. It pains me to see fire department personnel not take this seriously. Find something that works for you, set goals and get to it. Your heart is a muscle, you need cardiovascular exercise. Think of how easily you can pull muscles when you haven't worked them out and then suddenly demand performance under stressful situations. Your heart is the same. This plays a huge part in keeping that #1 statistic at the top of the chart. Become an asset not a liability.

**Food selection-** Lean proteins such as fish and chicken are best. Minimize red meat intake. Avoid fatty foods, easier said than done, I know. Be more conscious about what you're putting into your body. Substituting fruits and vegetables for a less healthy snack which are great for sufficing in-between meal cravings.

Keeping these things in mind and incorporating them into priorities will make a noticeable difference. Work hard, set goals and be successful.

## CURRENT EVENTS



**Firefighter Shad Hatfield**

Looking back at 2011 has been a sensational year for the Lehi Fire Department! So much progress was made, so many successful events, we took training to the next level and we had fun doing it. As a department we mitigated nearly **2,000** emergency calls for fire, medical, haz-mat and rescue incidents. At the end of the day every firefighter returned home safely to their families and loved ones. To me, this shows an amazing attention to detail when it comes to safety and how well prepared we are to mitigate any incident that is thrown our way. As a department, we take training very serious and it shows as we execute what we have learned in training and apply it on the fire ground and on medical calls. I'm excited to see what the New Year holds in store for the Lehi Fire Department!

In December the Lehi Fireman's Association was able to help four local families in need by providing a Sub for Santa Christmas for them. Thanks, once again to Broadbent's and Lehi Fireman's Association for their donations and thanks to all the firefighter's family members that put in time to help with this great event.

The Lehi Fireman's Association hosted several great events throughout the year including the most recent Christmas Party which was held at Jack & Jill's Bowling Lanes on December 29<sup>th</sup>. Make sure you thank Dan Harris for the hard work he put in as the 2011 Association President. Ryan Kimball takes the reins as the President in 2012 and Kevin Beck was voted in as the Vice President. Randy Wells remains the Treasurer because he continues to do a stellar job.

Bring on 2012!!



### Sub for Santa 2011





## IN THE NEWS...

# LEHI FIREFIGHTERS HONOR BROADBENT'S TRADITION OF GIVING

Cathy Allred - Daily Herald | Posted: Friday, January 6, 2012 12:18 am

With the finely made nativities, decor and unique holiday items tucked away for another season, Broadbent's staff are readying for the next holiday with red and pink valentines decorating department store windows.

However focused the owners are on the future, the Lehi firefighters took a moment Thursday to honor them for the past -- their family's many years of giving to the fire department's Sub for Santa program.

Fire Chief Dale Ekins presented a plaque to the Broadbent sisters, Betty Anderson and Nann Frandsen on behalf of the firefighters. The whole group stood outside



the store in the early afternoon, flanked by several fire and emergency response vehicles.

"Over the years your donations have been the backbone of our tradition, our Sub for Santa program," Ekins said. "We have thought about doing this for years. We have always sent a letter as a thank you. For a small business that's a large chunk of money every year."

A legacy comes with the honor.

"Mom was the lifeline and Dad just worked his fingers to the bone literally," Frandsen said of her parents, John and Alice Broadbent.

John was the grandson of pioneers Joseph and Sarah Broadbent, who arrived in Lehi after traveling hundreds of miles by handcart. Broadbent's was founded in 1882 and is one of the oldest family-run department stores in the United States. While the building has grown, added onto through the years, the site for the business on the corner of 100 East and 200 North remains the same.

Through several generations, giving back to the community became a part of the store's culture.

"Daddy was always giving," Frandsen said. "He would be very proud."

Her father was fire chief of the Lehi Fire Department when it was an all-volunteer organization. He often got to see the less fortunate of their community. John Broadbent kept boxes full of goods and groceries ready to go to those in need.

"I remember the boxes he would take and we'd go driving and he would walk them up to the ladies, the homes," Anderson said.

Broadbent's doesn't sell groceries anymore, but the old meat carving table with its scarred wood still greets customers as they enter the store. The candy bins have remained. As a matter of fact, several firefighters left Broadbent's on Thursday with a Startup's Jumbo Pop in their mouth.

"I remember as a kid my mom would come get yarn, material, you know, and I would always get suckers," a firefighter said with a grin.

"We used to sell a ton of groceries but then all the big grocery stores came in," Anderson said. "At Christmas time, Daddy didn't let a customer go out without a bag of candy."

More than 10 years ago, the Broadbent family began the tradition of the Ty Beanie Baby Tree. Raffle tickets were sold, and the winner got the tree decorated with Broadbent flair and dozens of Beanie Babies. The money made from the ticket sales was donated to fund the firefighters' Sub for Santa program. "Remember the first one, he was just like a kid he was so excited," Anderson said. "He talked all his coworkers to come in to buy tickets. He would come every Friday to buy tickets. We had a big to-do. We had Mr. and Mrs. Santa Claus come to help do the drawing."

Consumer interest in the Beanie Baby waned and the contest became a lot of work to design and organize each year.

"I just type up a check and donate now," Anderson said.

Lehi Mayor Bert Wilson said Broadbent's is the oldest established business the city has.

"They have contributed many, many ways to Lehi growth, to our different auxiliaries," Wilson said.



"John Broadbent has been a member of the fire department for many, many, many years and his wife Alice is a member of every society and association known to man; and the ones she didn't belonged to she thought she belonged to and she told them how to do it anyway. She was a great, great lady and he was a great man and these girls who are following are a great heritage to have on Main Street. They are just a great business to have in town."

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## Featured Call

On January 1, 2012, at 12:15 PM, Ambulance 82 and Tower 82 were dispatched to Westbury Way for a female in labor.

When we arrived we found our patient in her bed, she had just delivered a little baby boy. The baby's father was holding the infant, not really knowing what to do next. The baby was blue and seemed to be having a hard time trying to breathe. Dad was more than willing to hand me the baby and we started resuscitation measures on the him. As we suctioned the baby, he started to breathe on his own. The cord was clamped and cut, the baby was placed into a crib next to Mom's bed for further assessment and warming.

Mom was being assisted by Engineer Hales, while the baby was tended to by FF Stanley, FF Taylor, and myself. The baby did not respond as good as we thought he should to our warming, so we finished up the cleaning and suctioning process and moved to the warm ambulance.

Once in the ambulance the baby seemed to be responding to the blow-by oxygen and heat, and began to pink up and move his extremities more. Vitals were assessed, and then Mom was brought to the ambulance for transport to Timpanogos Hospital.

Mom delivered the placenta en-route to the hospital without any complications. Mom was asked how long she felt she was in labor, and she stated "maybe for about 2 hours". This was the mothers first child and she was at full term with her pregnancy.

Mom and son were taken to the Timpanogos Women's Center for care without any problems.



**Firefighter Scott Wilbur**

### CALL TOTALS - December 2011

#### Station 81

**Medical: 74**

**Fire: 24**

**Total: 105**

#### Station 82

**Medical: 53**

**Fire: 24**

**Total: 77**

### January Birthdays

- Eddie Hales 1/6
- Brandon Prestwich 1/7
- Paul Parks 1/20



### Year End Call Totals for 2011:

**Medical = 1311, Fire = 701**

**Total Calls = 2012**



# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Bountiful Baskets Food Co-op - station 82
8	9 Payroll	10	11	12	13	14 Bountiful Baskets Food Co-op - station 81 & 82
-----SRT Hazmat School-----						
15	16 Martin Luther King Day	17	18	19 Officer's Meeting @ station 82	20	21 Bountiful Baskets Food Co-op - station 81 & 82
-----SRT Hazmat School-----						
22	23 Payroll	24	25	26	27	28 Bountiful Baskets Food Co-op - station 81 & 82
-----SRT Hazmat School-----						
29	30	31				